Please God, get me the hell out of here!

As I sit in the dark cell, there is a pervasive sense of fear and unease. The dim light does not help to alleviate these feelings. The walls are cold, and the air is heavy with the weight of the crimes I have committed. I hear the footsteps of the guards, and I know they are coming to take me away. I close my eyes, trying to block out the sound of their voices and the harsh light that blots out any hope of escape.

I know I am not alone in this. There are others like me, locked away in dark cells, their minds shattered by the horrors of the outside world. We are all victims of a broken system, a system that fails to see the humanity in us. We are all prisoners, trapped in cells of our own making.

I remember the first time I entered the prison. I was young then, and I thought I could handle anything. I thought I could change the world and make it a better place. But I was wrong. I learned the hard way that the world is not always kind, and that sometimes it is necessary to use violence to survive.

I have spent years in this cell, and I have become accustomed to the sound of the guards' footsteps. I know when they are coming and when they are going. I have learned to listen to the sounds of the world outside, to hear the whispers of those who are still free.

But I cannot stay here any longer. I have a mission, and I must continue it. I must break free and take on the world. I will not let fear control me. I will not let the world control me. I will be the master of my own fate.

I close my eyes and pray to the gods I do not believe in. I ask for strength and courage, for wisdom and insight. I ask for the power to overcome the darkness that surrounds me. I ask for the strength to continue on my path, even when the road is long and the journey is difficult.

I open my eyes and see the guard approaching. I know what he is there for. I know what he wants. But I will not let him take me away. I will not let him control me. I will fight until the very end.

I put my hands on my knees and stand up straight. I feel the coldness of the cell walls and the weight of my own body. I feel the pain in my bones and the ache in my soul. But I will not let it defeat me.

I take a deep breath and look straight ahead. I see the light at the end of the tunnel, and I know I must keep moving forward. I must not look back. I must keep going, no matter what.
Family Fitness Centers specialize in state-of-the-art fitness equipment that can help you get results fast. We have aerobic classes throughout the day, seven days a week. Plus, instructors to help you get started and answer your questions along the way. As Family Fitness, we're here to make you look great!
STRAIGHT FROM THE HIP

By Matthew Alice

Dear Matthew Alice,

My wife asks me to write to you about our experiences with different wines. We've been experimenting with various labels and have found some great wines. Here are a few of our favorites:

- **Château Margaux** - A legendary Bordeaux with a rich, smooth finish.
- **Domaine de la Romanée-Conti** - A mythical Burgundy with intense, complex flavors.
- **Ricciotto's Legato** - A crisp, refreshing choice for a lighter palate.

We also appreciate the importance of pairing wine with food. Our recent dinner included grilled lamb with a Cabernet Sauvignon, which was a perfect complement. Thanks for your continued insights and delicious recommendations.

Warm regards,

[Signature]

---

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**STEPHEN COONTS**

The Minotaur continues the mythological cycles of adventure and excitement with this thrilling novel. Set in ancient Greece, the story follows Theseus as he battles the legendary Minotaur in the labyrinth. With vivid descriptions and suspenseful plot twists, Stephen Coonts delivers an epic tale of heroism and destiny.

---

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Reader Classifieds

NEWSPAPER ADVERTISING CALL FOR INFORMATION CALL 225-3655.
Under the Weather

Story by Ashley Butler Gell

The atmosphere is a bit more turbulent than the sea. It's 260,000 feet deep, and we, bystanders to its power and whines, like at the bottom.

courting from birth, a phenomenon on a planet where for an emotion to be satisfied as it should be satisfied. The fascination for a sense of the unknown, it's a depth of a person's very being. To appreciate the power of the climate, you must be able to relate to it.

To determine stability, he peered beyond the airport toward Point Loma, the arm of land that juts into the Pacific Ocean. If he can see the end clearly, it's seven miles. Today he can't. He calls it six, and hay.

The National Weather Service often offers Pacific Ocean forecasts accurate to a minute. Do they always get it right? "I'm not sure," said the forecaster. "But we try our best."

San Diego has been keeping records of temperature since 1873. The hottest day ever was 120 degrees on September 26, 1931. However, San Diego has experienced temperatures as low as 10 degrees, and it's been a record-breaking April since 1973.

From San Diego, the data goes to a switch in Kansas City, then to the computer network near Washington, D.C. Finally, it's sent to the world Meteorological Organization in South America.

"In ten minutes, it goes worldwide. I mean Russians, too."

San Diego's weather is often unpredictable. It can change from rain to sunshine in a matter of minutes. When it's cloudy, you can expect colder temperatures and a chance of rain. But when it's sunny, you can expect warm temperatures and a chance of sunburn.

The National Weather Service always recommends that you carry an umbrella, sunscreen, and a change of clothes when you're out.

Photographs by Paul Starcheski

Pilots view the weather from above.

San Diego Reader October 15, 1980

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in the Navy, a gunner in my division had once been amed in the Tijuana shooting. He had been in the cell for five days, and when the film that was broadcast over the ship's television, describing what had happened to him there, came on, we were in the cell at the time. I suddenly turned to the other guy and said, "That could have been me." He just looked at me, and I knew he understood...
Please God Get Me The Hell Out of Here!

I'm not sure what to call this one. It's not a poem, a letter, or a song. It's just a bunch of words that I'm trying to get out of my head. It's been running through my mind for days and days now. I'm not sure why. I guess it's just a feeling of... well, I don't know what it is. I just want it to go away.

"Out of our minds, the silence says,"
"And the words are just a breath of the wind."

I've been trying to write something, anything, just to get it all out. I don't want to keep it inside me. It's been bugging me for days. I don't know if I'll ever be able to get it all out. I just want it to go away.

"And the silence says,"
"We're lost in a world of our own."

I don't know what to do. I don't know what to say. I just want it to go away. I don't know what to do. I don't know what to say. I just want it to go away.

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- **Infinity Value AF**
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- **Pentax Binoculars**
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### Pentax PC-509
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**Dates:**
- Fri. 10-1; Sat. 10-4; Sun. 11-5

**Additional Info:**
- Open daily from 10-9
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*Source: Los Angeles Times, October 14, 1989*
Skyward Projections

In the days of old, people would gaze up at the stars and wonder about the vast universe. Today, we can see more of the sky than ever before, due to advances in technology. The night sky is filled with countless stars and celestial objects, and telescopes allow us to see them in greater detail than ever before.

Fiddle Respect

Music has been a part of human culture for thousands of years. The fiddle, in particular, has been a staple of many musical genres. From traditional Irish tunes to contemporary country music, the fiddle has been a beloved instrument.

The House on Seventh Avenue

This historic house on Seventh Avenue has been a landmark in the community for over a century. It has been home to many notable figures throughout the years, and is now open to the public as a museum.

All's Faire

Fairs have been a popular event for centuries, providing a place for people to come together and celebrate. This year's fair promises to be a fun-filled event with music, food, and other attractions.

Great Blues in the 1920s

The 1920s were a time of great change, and the blues music of that era reflects the social and cultural shifts happening at the time. This article explores the history of blues music in the 1920s and its impact on society.

EVENTS THEATER MUSIC & FILM
The Civil War ended in the 20th century. The Union
forces had occupied the South for more than a century. The
war was fought primarily on the east coast and in the
southern states. The war was won by the Union, and the
Confederates surrendered in 1865.

The war was a turning point in American history. It
led to the abolition of slavery and the end of the
Confederate States of America. The war also
resulted in the creation of the United States
Army and Navy.

The war was fought on many fronts, including
in Virginia, Tennessee, and Mississippi. The
Union forces were led by General Ulysses
S. Grant, while the Confederate forces were led
by General Robert E. Lee.

The war was marked by intense combat, with
thousands of casualties on both sides. The war
ended with peace negotiations in 1865, but the
Union forces continued to occupy the South for
many years.

The war was a turning point in American
history. It led to the abolition of slavery and the
end of the Confederacy. The war also
resulted in the creation of the United States
Army and Navy.
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Directed by Rob Della
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Radisson Hotel San Diego
San Diego Reader – October 15, 1982 23
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**MARGARET MENZEK**

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**FRIDAY, OCTOBER 21**

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**PLUS MEMBER**

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**MIDNIGHT**

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**STEVIE SALAS/COLORCODE**

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**ARLO GUTHRIE**

**WEDNESDAY, OCTOBER 19**

**TONINHO HORTA**

**THURSDAY, OCTOBER 19**

**MELISSA LEE**

**SUNDAY, OCTOBER 19**

**DEBORAH HARRIS**

**DON'T MISS**

**BAD ENGLISH**

**THE BEAST WITH 11 HEADS**

**MICHAEL M. SMITH**

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**Tuesday - Saturday**

**MIKE MURPHY**

Eat, Drink, Dance, Enjoy.

**RAINMAKER**

October 15-17

Monday-Friday \*SUNDAY**NOON-7 PM \* Fri 7 PM - 12 AM

**PERFORMERS**

Performers change so call the box office to confirm.

**THE ISLANDS**

Friday and Saturday: 9:00 PM - 12:00 AM

**Rock & Roll**

All Night: West Coast, Salsa, and Dance Music

**KICKS**

Mission Valley's most exciting new nightspot. Featuring live entertainment.

**Raindrops**

Tuesdays

**KICKS**

Mission Valley's most exciting new nightspot. Featuring live entertainment.

**PARK PLACE**

**TONIGHT**

**TONE-UP**

**TONE-UP**

**TONIGHT PARK PLACE PRESENTS**

**The Next Day of the Week Club**

**TONIGHT'S CONTEST**

**RING TONE**

1st prize - 2 tickets to next house party

**Raindrops**

October 18

**THE NEXT**

**KROQ FM NIGHT**

**NAME THAT TUNE**

At a live event sponsored by the Ministry of Sound and BMI.

**Pounders**

**S.D.'s "Rock & Jock" Bar**

Wednesday through Saturday

**NOW APPEARING**

**AL CONTE**

Al Conte's Bistro at the Mission Valley Promenade

**Entertainment**

**The Sophisticats**

Saturday Evening Live Music

**LUNCHE & AFTER THEATER**

**LUNCH & AFTER THEATER**

Cocktails \* 234-2840 \* Dancing

**MONDAY NIGHT FOOTBALL!**

**MONDAY NIGHT FOOTBALL SPECIALS**

* Coors Light $1.00
* Well Drinks $2.00

**FIESTA HOUR**

Monday through Friday

**LIVE ENTERTAINMENT**

8:00 p.m. - 11:00 p.m.

**RFD**

**Surfside Restaurants & Night Club**

Reggae Every Tuesday

**Jamaica Jamaika**

October 12

**Boom Shaka**

**Crucial DBC**

October 13

**The Sarcastics**

Rock & Roll

**DINING & DANCING**

**THE MUSICAL DINNER**

Wednesday, October 18

**A California Eatery**

Wednesday, October 16

**Puts You in the Front Row For**

**Surfside Restaurants & Night Club**

**Surfside Restaurants & Night Club**

**Surfside Restaurants & Night Club**

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**Surfside Restaurants & Night Club**

**Surfside Restaurants & Night Club**

**Surfside Restaurants & Night Club**
The legend of
invisible sound continues.
This Week
Don't miss it!

BOSE

ENCO-MITAS TV
MISSION HILLS RADIO TV

The DAILY PLANET
1200 GARNET AVENUE - PB 272-6066

Must be 21 yrs. old

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1200 GARNET AVENUE - PB 272-6066

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The legend of
invisible sound continues.
This Week
Don't miss it!
Don't Miss The Party Of The Month.

The party runs through Oct. 14. Just what you always wanted — 10 days of beer, music and great food. It's all happening at West Island's Oktoberfest celebration.

The beer is free flowing at 6:30 p.m., making it the perfect place to unwind after work.

The German band will strike up in time for your fun moving. Plus your favorite German foods will be on hand.

So be sure to come by. Because, after all, we can't have a party like this every month.

 Oktoberfest
HYATT'S ISLANDIA

ON SATURDAY, OCTOBER 14
1441 Quivira Rd, San Diego 92109. (619) 224-1234
CURRENT MOVIES

The Blass Pascal Group and the Institute for Christian Ministries present the third annual series of

SPIRITUALITY AND THE CINEMA

All showings Friday at 7:00 pm - Discussions following film

October 8 • Wise Blood • USA/1969

October 13 • God’s Angry Man • USA/1963

October 20 • Passion of Joan of Arc • France/1928

November 2 • Manifestations of Shiva • USA/1980

November 10 • Au Revoir Les Enfants • France/1987

November 17 • Night of the Hunter • USA/1955

November 24 • Through a Glass Darkly • Sweden/1962

November 30 • City of Joy • India/1982

December 7 • The Last Sergeant • USA/1979

December 14 • Thomas and Becket • France/1970

December 21 • The Odyssey • USA/1962

December 28 • The Way • USA/1963

Films screened in Main 106, University of San Diego, Alcala Park.
$2.00 admission. Parking available.

CURRENT MOVIES

MOVIE DIRECTORY

* indicates R Rating
FIRE AND GASOLINE
SERVED HOT
AT THE PSYCHO CAFE

STEVE JONES
FIRE AND GASOLINE
Featuring: FREEDOM FIGHTER/
WE'RE NOT SAINTS/I DID U NO WRONG

BANG TANGO.
PSYCHO CAFE

Sam Goody
GOODY GOT IT!

699. 1199
Cass. CD

San Diego
October 13, 1993
SERVICES

IS YOUR PET SUFFERING HEALTH PROBLEMS?
For vocals issues, arthritis, obesity, lethargy:
ANY HURTING OR LINGERING CONDITIONS?
CHIROPRACTIC CARE OR ACUPUNCTURE
MAY BE THE ANSWER
MAKING YOUR PETS HEALTHIER
WORKING TOGETHER

"DR. ROB" MeMARTIN
Associated Acupuncture
Special interest in
dogs, cats, horses

FOR THE HEALTH OF YOUR PET

- Cellulite Reduction
  - Treats
double chins, "mommy lee
  - Suits of blades:
  - Body Wrap:

- Psychics
  - Readings:
  - $10

- Dick Gregory's
  - Slim Safe
  - Bahamian Diet

- Stylish Nails

- Hypnosis
  - Personal

- Divorce Bankruptcy
  - Free Legal Assistance

- Telephone Jacks Installed

- 24 Hour Answering
  - Free Beep

- California License
  - 520-3959

- Other Matters
  - No answering machine
  - Special training

- Divorcement
  - 281-2008

- 1 Year Free!

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**SPORTS & FITNESS**

**SALE**

**OCTOBER 12-21**

**MOONLIGHT BIKE SHOP**

2290 Ocean Blvd • San Diego, CA 92109 • 619-234-7700

**ACTION CYCERY**

Family Bike Shop

Year-End Model Close-Out

All '88 & '89 bicycles must go

Save 25% to 45%

- Mountain Bike with Shimano S.S. $199*  
- Mountain Bike w/o Shimano 25 spd. Hypergrip $159*  
- Mountain Bike w/ Cane Creek 25 spd. Hypergrip $199*

**BITUBES RENTALS**

- Bicycle Parts: All Parts
- Bicycle Racks: Thule, Blackburn
- Bicycle Accessories: Your choice

**TRI-SPORT**

- Lake peddles & shoes 999
- Specialized Racing or Touring Shoes your choice 699
- Profile for Speed Aeros 179
- Profile for Speed Aeros 79
- Profile for Speed Aeros 179
- Profile for Speed Aeros 79

**EVERYTHING**

25% OFF

**BIGGEST SALE OF THE YEAR**

**HURRY FOR BEST SELECTION**

**ADAMS AVENUE BICYCLES**

We will meet any advertised bicycle price in San Diego! And still you get our great service!

**DIAMOND BACK MOUNTAIN BIKES 1989**

**Centurion Road Bikes 1989**

**ADAMS AVENUE BICYCLES**

**BICYCLES**

Big Bikes=Big Savings

Mountain Bikes Road Bikes

**1989 SPECIAL**

- Made in Japan

**ADAMS AVENUE BICYCLES**

- Handcranks 1350  
- Siron 1500  
- Siron 1950  
- Siron 2650  
- Siron 3950  
- Siron 4150  
- Siron 4950  
- Siron 5950  
- Siron 7950  
- Siron 9950  
- Siron 11995

**ROCKSHOX**

- Rockshox 150  
- Rockshox 195  
- Rockshox 265  
- Rockshox 395  
- Rockshox 415  
- Rockshox 495  
- Rockshox 595  
- Rockshox 795  
- Rockshox 995  
- Rockshox 11995

**SHIMANO**

- Shimano 135  
- Shimano 195  
- Shimano 265  
- Shimano 395  
- Shimano 415  
- Shimano 495  
- Shimano 595  
- Shimano 795  
- Shimano 995  
- Shimano 11995

**BICYCLES**

- 25% off Avenir helmets  
- Avenir shoes  
- 25% off Avenir lock  
- Avenir shoes  
- 25% off Avenir lock  

**SPORTS & FITNESS**

**THIS MODERN WORLD**

By Dan Perkins 1989

- The use of modern technology in sports

- Importance of sports in modern life

- Latest advancements in sports technology

**SPORTS & FITNESS**

**SUMMER RENTALS**

**COMMERCIAL RENTALS**

**RESIDENTIAL RENTALS**

**ADAMS AVENUE BICYCLES**

- Bicycles for rent

- Bicycles for sale

**ADAMS AVENUE BICYCLES**

- Bicycles for rent

- Bicycles for sale

**ADAMS AVENUE BICYCLES**

- Bicycles for rent

- Bicycles for sale

**ADAMS AVENUE BICYCLES**

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**ADAMS AVENUE BICYCLES**

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- Bicycles for sale

**ADAMS AVENUE BICYCLES**

- Bicycles for rent

- Bicycles for sale

**ADAMS AVENUE BICYCLES**

- Bicycles for rent

- Bicycles for sale
BIKE SALE

Mountains/City Bike

W.K. Bike Shop

1999 Apparel Dept. 19% off
1999 Fall Clothing 15% off
1999 Jackets & Tights
Big Savings On Summer Shirts & Jerseys

NEW HOURS: Open 8 am to 9 pm Thurs. & Fri. nights
CAR

SAN DIEGO IMPORTS
Sales Service
All work guaranteed 100% exchange guarantee for American and domestic
TUNE UP ONLY $25.00 2 YEAR WARRANTY ON PARTS & LABOR
BRACE JOB- FRONT DISC $33.00 2 YEAR WARRANTY ON PARTS & LABOR
CLUTCH JOB SPECIAL $150.00 2 YEAR WARRANTY ON PARTS & LABOR
FULL SERVICE AUTO CENTER
Ask for Tim Service Advisor
4975 Airport Dr. Suite 2A
San Diego, CA 92110
Call 531-0777

HONDA/ACURA OWNERS
25% OFF OIL & FILTER

ACURA OWNERS
25% OFF OIL & FILTER

Sunroof Package $199.00
15 or 30 month
Standard warranty
Includes: tinting, genuine leather, air conditioning, major service, minor service, fuel filter, oil filter, cooling system, brake pads, brake fluid, valve adjustment, plus much more

JAPANESE ENGINES

TRUCK BED LINER

TOPS 'N TINTS

5-YEAR PAINT SEALANT & WINDOW TINTING
20% OFF

5-YEAR PAINT SEALANT & WINDOW TINTING
20% OFF

EUROPEAN & JAPANESE - MINOR/MAJOR
AUTO REPAIR

Japanese Engines
Japanese done right here, lowest prices in town, over 30 years' experience, 1 year labor on all parts, minor and major service included, all work guaranteed, foreign or domestic
Starting at $320

Clutch Job Only $149*
Including parts in the "new car" price
Brake Job Special*
Includes labor & parts
Tune-Up Special
Oil Change, Filter, Brake Job

30,000 Mile Service
Only $129*
60,000 Mile Service
Only $338*

European Auto Center
1400 Broadway • San Diego • Open Sat. • 661-1244

FOREIGN CAR SERVICE

ARMS LIVING INC.

TRUCK BED LINER

JAPANESE ENGINES

TRUCK BED LINER

TOPS 'N TINTS

European & Japanese - Minor/Major

Auto Repair

Japanese Engines
Japanese done right here, lowest prices in town, over 30 years' experience, 1 year labor on all parts, minor and major service included, all work guaranteed, foreign or domestic
Starting at $320

Clutch Job Only $149*
Including parts in the "new car" price
Brake Job Special*
Includes labor & parts
Tune-Up Special
Oil Change, Filter, Brake Job

30,000 Mile Service
Only $129*
60,000 Mile Service
Only $338*

European Auto Center
1400 Broadway • San Diego • Open Sat. • 661-1244

FOREIGN CAR SERVICE

ARMS LIVING INC.
PINOCCHIO'S ANNUAL
Ok-Table-fest
Every dining table, chair & dining set on sale!!!

Solid Oak Triple Trestle Dining Table
Hand-finished hardwood. Trestle base. Curved, upholstered seat. Dramatic, unique table top. $299

Solid Oak 3-pc. Table & Bench Set
This contemporary 3-pc. set comes with a 30" x 48" table. Great for the kitchen! $249

Solid Alder Trestle Table
This 36" x 48" table comes with a 2" thick, handcrafted top and solid base. A steal at this price! $149

Solid Alder Breakfast Bar
Counter height... $159

Limited to stock on hand.

Solid Oak Ding Table
Crafted in solid oak. Seats 6. $89

Solid Alder Drop Leaf Table
This table is perfect for small spaces. Seats 4-6. $99

Solid Oak Dining Table
This table is 30" x 48" and comes with 4 upholstered chairs. $139

Solid Oak Breakfast Bar
Limited to stock on hand.

NEW! A Pinocchio's Exclusive! Pinocchio's 100% Satisfaction Guaranteed! Satisfaction guaranteed for 90 days. No questions asked. A great value! $299

NO DOWN PAYMENT* NO MONTHLY PAYMENT* *F.I.R. JANUARY 1990

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Furniture and Kitchen Cabinet Center

309-846-1910

Furniture and Kitchen Cabinet Center

309-846-1910